



Fall 08 Lifepoint
Lifegroups

What is your life
marked for?

DISCUSSION QUESTIONS - NOV. 9 - NOV. 15

These questions are for week two of the Inked series. Look over these questions prior to coming to group and be prepared to share your thoughts. There are daily readings on page two for you to read and apply to your life.

- Regret is the result of an action or a lack thereof. Is your life marked by regret? Was it one incident or has it been a pattern of things/events your whole life?
- Do you want to live your life in the past, living through old regrets only to then regret not living for today? You can live your life regretting your regrets or you can let go, surrender it to Jesus, and let grace move you forward. Regrets are inevitable—we are human, we are going to mess up. However, regrets can become either burdens or motivation. They can interfere with your present happiness or they can push you forward. Have you made the choice to allow your regrets to restrict you or to propel you?
- “If only.” Those have to be two of the saddest words in the English vocabulary. Do you have “if onlys” in your life? “If only I had done that differently. If only I had married someone else. If only I hadn’t said those mean things about her. If only I had apologized sooner. If only I had told him I love him.” What is your “if only?” How would you finish this sentence, ‘If only...?’ Are these regrets holding you back? How can you let them go? Can you turn your focus toward Christ and away from the regret?
- A tattoo can be created fairly quickly, yet the regret of a tattoo can take a very long time to be erased. What can take minutes to put on, can take hours upon hours to remove. This is like life. We get caught up in the moment, maybe it doesn’t feel bad at the time, but then later the regret begins to set in and it won’t go away. What can only take seconds to create, can take what seems like forever to erase. Can God erase your regrets? What do you need to do? Will the regret ever fully go away?
- In the story of the lost son found in Luke 15:11–32, the father showed unconditional love for his son—no matter what sinful acts he committed, no matter what heartache he caused. This is the same love that our Father has for us. Is it difficult to accept unconditional love? Is it difficult to accept grace? Can you run into the open arms of God and be embraced by His love and mercy? Or do you run in regret, in shame, away from those outstretched hands?
- No matter the sin, the pain, the regret, God can turn it for good. He can use your experiences and turn them into opportunities to help shape others and show them Jesus. Will you allow Him and yourself that opportunity? Will you run to Him today and watch how he can renew your life and use you for His glory?

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Here are some related Scriptures for your study time:

Matthew 7:7-8
Matthew 27:3-4
Luke 1:37
2 Corinthians 7:10
Colossians 3:9-10
Hebrews 13:18
1 Peter 2:8

Sunday

Matthew 27:3-4

Prayer: Lord, show me how to own my regrets and give them to You.

Question: Even Judas had regret so desperate that he took his own life. Is there anything you have felt desperate over? Where did that feeling of regret take you?

Application: With sin, there is always regret. However, God offers hope—the hope of restoration in Jesus. What steps are you taking toward that healing?

Monday

Matthew 7:7-8

Prayer: God, help me to seek you wholeheartedly.

Question: Has God opened a door that you choose not to go through? Did you miss an opportunity? Did your regret your decision?

Application: Have you knocked lately? How are you seeking God's plan so there is no regret over following Him?

Tuesday

Hebrews 13:18

Prayer: Ask the Lord to help you live in a way that honors Him.

Question: What does it mean to live honorably in every way? Obviously living honorably isn't necessarily easy, since the scriptures read that it is something we desire. If you strive to live a life of honor is there still going to be regret?

Application: How can you first begin with the desire to live honorably and then begin to put it into practice?

Wednesday

Luke 1:37

Prayer: Thank you Lord that even though I can't see my way out of the mess I'm in that nothing is impossible for You.

Question: Why do you do things that you know you shouldn't? Does it feel bad in the moment or only because you get caught?

Application: What have you learned through regret? Recognize the circumstance of your regret and focus on what is now instead of what was.

Thursday

1 Peter 2:8

Prayer: Lord, help me to take the steps necessary to obey you in every way. Thank you for picking me up when I fall.

Question: What are traits that stand in the way of reconciling your regrets? Is it pride, anger, stubbornness, etc?

Application: How can you move beyond regret and truly live?

Friday

2 Corinthians 7:10

Prayer: God, help my focus to be on salvation in You and turn from the things I know I will regret.

Question: Can you prevent regret? Is there something happening in your life right now that could lead to regret?

Application: Can you turn your situation around so that you do not have to hit the bottom? Can you turn to Jesus and away from the sin that may cause or is causing regret? Jesus, your salvation, is waiting with open arms.

Saturday

Luke 15:21, 22, &24.

Prayer: Praise God that no matter how lost we might seem, how far in sin and regret we might be; He is always awaiting our return home.

Question: Have you bought into the lie of regret? Do you no longer feel worthy?

Application: Like the father ran to his son, Jesus is waiting to welcome you home, ready to embrace you, ready to run. How will you seek Him and embrace Him?